

Child Nutrition Websites



Dole 5-A-Day

This website educates kids and parents about why fruits and vegetables are so good for you!

<http://www.dole5aday.com/>



Kid Source

In-depth & timely education & healthcare information that will make a difference in the lives of parents & children.

<http://www.kidsource.com>



Nutrition Café

A site where nutrition information is FUN! This site is full of games, food and nutrition facts and activities for kids.

<http://exhibits.pacsci.org/nutrition/>



Fight BAC!



This website provides visitors with information on seasonal food safety, basic food safety information, activities for kids, as well as links to other food safety sites and resources.

<http://www.fightbac.org/main.cfm>



Pork4kids.

This website is designed especially for parents and kids. Children can learn all about pork, how pigs are raised, and participate in a number of activities!

<http://www.pork4kids.com>



Healthy Choices for Kids

This nutrition education program was created by the growers of Washington state apples and is funded in part by the Washington Apple Education Foundation, Tree Top, Inc., and other industry sponsors. This site provides information and activities parents can use to educate help educate their children on the importance of nutrition.

<http://www.healthychoices.org>



Kids Food Cyber Club

This site makes nutrition fun and informative for both kids and parents. The "Kids Only" link holds a selection of interactive games that kids can play to test their food and nutrition knowledge

http://www.kidfood.org/kf_cyber.html



Nutrition Explorations

The National Dairy Council brings Chef Combo's message of "making good food choices."

The Family Food Zone provides nutrition information and recipes to help busy families make healthful food choices, while the Kids Zone contains games, contests and stories to help children learn about good nutrition.

<http://www.nutritionexplorations.org>



Beansprout

Expert advice on nutrition and feeding for parents.

<http://www.beansprout.net>



Nutrition for Kids

This site contains educational materials, nutritional facts of the week (the Weekly Carrot) and newsletters written by Connie Evers, RD.

<http://www.nutritionforkids.com>



Dairy Council of California

This site provides links to FAQs, tips on feeding the family, food safety, a cooking corner, and activities the family can participate in to help learn about healthy eating choices.

<http://www.dairycouncilofca.org/kids/index.html>



Kids Health

Includes health games and information on health, food, and fitness.

<http://kidshealth.org>